

# An Easy Guide to Diapering Guidelines for Legally License Exempt Homes



Diapering should be a special time for caregiver and baby. This is a chance for the child to bond with you and have your full attention. Because diapering is often a messy job, proper hygiene is essential to protect the health of you and the child.

## **Before you Begin...**

- The changing table is fully intact, washable, and sanitizable
- Waterproof paper is used and covers the length and width of the changing surface
- One hand is kept on the child at all times
- The use of gloves is required when blood is present

## **The Diapering Process**

1. The child's clothing is removed or moved
2. The soiled diaper is removed
3. The child is cleansed with a wipe
4. The waterproof paper is folded to cover the soiled area (if soiled)
5. Gloves are removed (if used)
6. A clean diaper is placed on the child and the child is redressed
7. The diapering waste is disposed of in a tightly covered, plastic-lined waste container
8. The waterproof paper is removed
9. Staff wash and sanitize the surface if soiled using a solution of  $\frac{1}{4}$  cup bleach to 1 gallon of water or EPA approved sanitizer or hospital grade germicide.
10. Staff wash hands

## **It is Recommended That...**

- Gloves are used
- Staff wash hands before beginning the diapering process
- Children wash hands after the diapering process
  - If an infant cannot be held at the sink, wash hands with a clean, wet, soapy disposable towel or washcloth and rinse hands using a second clean wet disposable towel or washcloth
  - **Diaper wipes are not an acceptable alternative to infant hand washing**
- The changing surface is washed and sanitized after each use

## **Social and Learning Opportunities**

Diapering is a special bonding time between child and caregiver. Here are some things you can do to enhance that experience:

- Focus your attention exclusively on the child.
- Treat the child with respect.
- Talk with the child about what you are doing and what the child is experiencing, as this encourages language skills and helps build confidence.

